

NO FLU IN OUR HOUSE...

...Because we got our flu
shots!



Get Yours—
And Fight the
FLU!

The Lake County Health
Department is offering
flu vaccinations.

Call: (847) 377-8470
for more information.

A Few Ways to Stay Healthy:

Get vaccinated against the
flu and follow the three C's:

Clean—Wash your hands

Cover—Cover your cough
and sneeze

Contain—Contain your
germs. Stay home if
you are sick.

If you do get the flu, ask
your doctor about anti-viral
medications that can help.

[www.lakecountyil.gov/
Health/want/Flu](http://www.lakecountyil.gov/Health/want/Flu)



LakeCounty
Health Department and
Community Health Center

*Healthy people. Healthy choices.
Healthy Lake County.*